

By Gretchen M. Persbacker

Yule Meditation 2008

Meditation *(Spoken very slowly and softly)*

The room is dark, with the exception of a single lit candle in the center of the ritual space. Around the altar and ritual space are many other candles, but they are not yet lit.

Gaze at the candle flame until it absorbs your complete attention. Let it fill your vision as it dances and flickers. Watch as it moves with slightest breath of air.

Now, close your eyes, keeping the image of the flame before you. Breathe slowly and deeply.

As the participants close their eyes, the person reading the meditation. Along with an assistant or two, if it is a large group, should light the other candles in the space.

Imagine that the flame you hold in your mind's eye is the only light left in all the world. It is your own precious flame—the light within you—your fire, your spark. Be one with your light. Feel its warmth as your own. Feel your entire body glow with the essence of that fire.

On this, the longest night of the year, feed your flame. Let it burn bright, fueled by your love, your compassion, and your faith. Let its radiance spread outward, spreading light throughout the darkness, warming the coldest places, sending love and goodwill throughout the world.

Now, look beyond the light of your own fire—see the sparks in the darkness that are the lights of others. See the many flames blooming in the night like flowers in a garden. Watch as their radiance spreads and multiplies.

This is magic—that the light of a single candle can spread and multiply until the darkness is banished. This is a night of magic. Tonight is the longest night—the midnight of the year, but tomorrow the sun will be reborn in the glory of the dawn. And each day shall grow longer than the one before, as the great wheel turns.

Slowly, open your eyes and behold the magic of the sun reborn.

When the participants open their eyes, they are greeted by a brightly lit room.